



7-Day Meal Planning Worksheet

1 Check freezer, refrigerator and cupboard for items that need to be used. Fill in menu using these items.

ON HAND:

2 Review grocery ads for specials you can use in this week's menu plan. Add to menu plan and grocery list.

ON SALE:

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | |
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| DINNER | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | |
| CHECKLIST | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein | <input type="checkbox"/> Grain <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Dairy <input type="checkbox"/> Protein |